

Family Favorite Chili



When you start with superb grass-finished meat, you can't go wrong with any recipe, but this chili recipe will win rave reviews from your family. As a bonus this recipe comes together very quickly, so you won't need to spend a lot of extra time in the kitchen.

Ingredients:

- 2 pounds grass-finished, ground beef
- 1 onion, chopped
- 1 green pepper, chopped
- 2 garlic cloves, minced
- 2 cans (15 oz) red kidney beans, rinsed and drained
- 3 cans (15 oz) diced tomatoes or tomato juice, approximately 48 ounces total
- 1 cup salsa
- 1 - 3 Tbs chili powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. ground cumin

Directions:

- Cook first 4 ingredients in a large skillet over medium-high heat until beef is no longer pink; drain.
- Place mixture in slow cooker; stir in beans and remaining ingredients. Cook on High for 3 to 4 hours or on Low for 5 to 6 hours.
- If preferred, chili can be simmered on stove top for 30 minutes or longer.

